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“do you feed your
chicken growth
hormones?!”

KAITLIN M. *Winnipeg, MB*

“Do you use
deformed
chickens in
your chicken
nuggets?”

KURLIN H. *Edmonton, AB*

“what is the
recipe for
your chicken
nuggets?”

NICK R. *Ottawa, ON*

“Do you
use chicken
breast?”

HEATHER E. *Toronto, ON*



**OUR FOOD.
YOUR QUESTIONS.™**

GET ANSWERS

“Why do all your
“McNuggets”
look exactly
the same?”

BRAYDEN H. *Canada*

“is the chicken
real or pink
sludge”

LIAM M. *Brampton, ON*

“what parts of
the chicken
do you use?”

CATHERINE P. *Ottawa, ON*

“Is there any
alien in the
chicken
nuggets?”

SEAN F. *Edmonton, AB*

“what is the recipe for your chicken nuggets?”

NICK R. *Ottawa, ON*

Our answer:

Our Chicken McNuggets are made with chicken breast and a few seasonings, along with a natural proportion of chicken skin, used for both flavour and as a binder. They're then coated in our tempura-style batter and cooked in 100% vegetable oil.

“Do you use deformed chickens in your chicken nuggets?”

KURLIN H. *Edmonton, AB*

Our answer:

No, deformed chickens are not used to produce any of our products. All McDonald's chicken products are produced in a federally-registered facility. As such, the Canadian Food Inspection Agency inspects all birds processed in the facility, removing any deformed birds from the process and ensuring that they do not enter the food chain. Thanks for your question, Kurtlin.

“do you feed your chicken growth hormones?!”

KAITLIN M. *Winnipeg, MB*

Our answer:

Hi Kaitlin. No, the chickens that are used for our product are not raised on growth hormones. The practice is actually illegal in Canada and has been since the 1960s.

“Why do all your “McNuggets” look exactly the same?”

BRAYDEN H. *Canada*

Our answer:

Hi there, Brayden. Look closer: our Chicken McNuggets aren't quite the same. We actually have four different shapes of McNuggets – the ball, boot, bell and bow-tie. The reason that we make our Chicken McNuggets similar in dimension is to ensure consistency. Consistency of shape guarantees portion control and consistent cooking times for food safety.

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YOUR QUESTIONS.™

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[McDonalds.ca/YourQuestions](https://www.mcdonalds.ca/YourQuestions)

“Do you use chicken breast?”

HEATHER E. *Toronto, ON*

Our answer:

Hi Heather. Yes, we use chicken breast in several of our menu items. Our Chicken McNuggets are made with seasoned chicken breast and a natural proportion of chicken skin used as a binder. Our McChicken and Junior Chicken patties are a combination of breast, thigh and leg meat. And our McBistro sandwiches are made from seasoned portions of chicken breast. You can also get chicken breast in our snack wraps and salads. All white meat. All delicious.

“Is there any alien in the chicken nuggets?”

SEAN F. *Edmonton, AB*

Our answer:

There are no aliens in our Chicken McNuggets, Sean. Our McNuggets are made of seasoned chicken breast and a few seasonings, along with a natural proportion of skin for flavour and as a binder. The only thing out of this world about our Chicken McNuggets is the flavour.

“what parts of the chicken do you use?”

CATHERINE P. *Ottawa, ON*

Our answer:

The delicious ones, Catherine! We use only the breast, thigh, and leg in our sandwiches and McNuggets. Here's how it breaks down specifically: For Chicken McNuggets – chicken breast and a natural proportion of chicken skin; for McChicken – chicken breast, thigh and leg; for Junior Chicken – chicken breast, thigh and leg; for Crispy McBistro – chicken breast; for Grilled McBistro – chicken breast; for Snack Wrap Chicken, grilled or crispy – chicken breast.

“is the chicken real or pink sludge”

LIAM M. *Brampton, ON*

Our answer:

Hi Liam. No, our chicken is not made from pink sludge. All of our chicken products, from our McChicken sandwich to our iconic Chicken McNuggets, are made with real chicken meat from the breast, leg and thigh. Our McNuggets also have a natural proportion of chicken skin as a binder.



A WORKOUT WITH PUNCH

FAST & FURIOUS STAR (AND MMA FIGHTER) GINA CARANO DISHES ON THE TRAINING AND DIET REGIME THAT LETS HER KEEP UP WITH THE ROCK **PAGE 18**

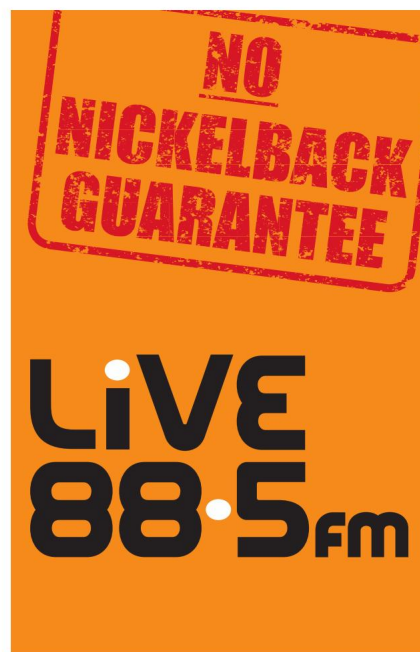


Midwest tornado tragedy

Massive twister with winds of more than 300 km/h flattens outskirts of Oklahoma City in U.S. heartland; fatalities include children **PAGE 7**

Anarchopanda fights fines

Unofficial mascot of Quebec student protests takes on no-masks bylaw **PAGE 10**



Michael Wassill, seen here in this undated family photo, has suffered irreversible brain damage after being stabbed last Wednesday, according to his family. CONTRIBUTED/ PAUL CHAMP

Orleans stabbing victim not expected to survive: Uncle

Michael Wassill.
Family and friends heartbroken by news

Quoted

"Everyone's completely devastated. It's a tragedy."

Paul Champ, uncle of Michael Wassill



JOE LOFARO
joe.lofaro@metronews.ca

The 20-year-old victim in Wednesday's knife attack in Orleans has suffered severe, irreversible brain damage and is not expected to survive, said the man's uncle Monday afternoon.

Michael Wassill's throat was slashed with a knife at his Fernleaf Crescent home while he was trying to protect a female friend from a man who had allegedly been stalking her, according to Paul Champ.

For the past few days Champ has been acting as a spokesperson for the Wassill family as his nephew lay unconscious in hospital.

Doctors told the family Sunday that Wassill's condition was exacerbated because his injuries led to his brain being starved of oxygen. The young man was

without a heartbeat for 20 minutes, Champ said.

"It's the worst news for the family," said Champ. "Everyone's completely devastated. It's a tragedy."

Before the family was given the bad news, they set up a Facebook page, "In support of Michael Wassill." It was meant to update his friends and family on his condition in hospital and allow them to share their wishes of a speedy recovery.

On Sunday, a post said Wassill's condition had worsened and doctors don't know how long he has to live.

"I'm tearing up as I read this. I am so sorry. Praying for a miracle. Michael, you're a hero," wrote Elly Vic on Facebook.

Another person, Kevin Bruce, wrote, "I can't believe this, Mike is the most fun loving, kind hearted man I know."

"We've been getting so many supportive messages from people in Ottawa and beyond," Champ told Metro. "And now, unfortunately, it's turning into perhaps a memorial of sorts."

The incident has been especially tough for the family because they were very close and Wassill is very well loved, Champ said.

"He was the last guy you'd ever imagine this happening to," he added. "The person responsible for this is obviously a very twisted, vicious person."

Police charged Carson Morin, 20, of Ottawa with attempted murder and possession of a dangerous weapon on Thursday. The charges have not been proved in court. Morin made a brief court appearance and is expected to appear again by video on Tuesday.

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Highway 174

Man, 56, pronounced dead following collision

Paramedics said a 56-year-old man was killed Monday after his vehicle rolled into a ditch on Highway 174 near Canaan Road.

They got a 911 call at 2:18 p.m. and found the driver trapped inside his vehicle without vital signs.

Firefighters extricated him and he was pronounced dead on scene, paramedics said.

There were three dogs inside the vehicle at the time of the collision, one of which suffered a broken hip, paramedics said. The other two dogs were uninjured.

Police closed Highway 174 in both directions between Canaan Road and Old Montreal Road at just before 3 p.m. to investigate the collision.

JOE LOFARO/METRO

Neil Reynolds

Veteran editor dead at 72

Veteran newspaper editor Neil Reynolds has died. He was 72.

The Ottawa Citizen, where he served as editor between 1996 and 2000, reported on its website that Reynolds died in Ottawa on Sunday of cancer. Reynolds, who was born in Kingston, Ont., was at the editorial helm of newspapers from coast to coast during his lengthy career.

He started at the Toronto Star before moving on to the Kingston Whig Standard in 1977.

THE CANADIAN PRESS



NDP MP Charlie Angus, the party's ethics critic, holds a news conference in Ottawa on Monday. The federal New Democrats are calling on the Mounties to investigate the actions of Prime Minister Stephen Harper's former chief of staff. FRED CHARTRAND/THE CANADIAN PRESS

Investigate Harper Tories, NDP says

Looking for answers. NDP calls on RCMP to look into \$90K cheque from PM's former top aide

The federal New Democrats have asked the Mounties to determine whether Prime Minister Stephen Harper's former right-hand man broke any laws by cutting a personal cheque to cover an embattled senator's improper housing expenses.

The NDP's ethics critic, MP Charlie Angus, wrote to RCMP Commissioner Bob

Paulson on Monday asking the force to look into the actions of Nigel Wright.

Wright abruptly quit his job Sunday as Harper's chief of staff, days after it emerged that he gave Sen. Mike Duffy \$90,000 to repay his housing claims.

Angus says the gift may have broken the law. He said Harper has a duty to explain to Canadians just what happened.

"We haven't heard the prime minister say that a secret cash payment to a politician is wrong, and whether the prime minister knew, at what point he knew. He must have known something," Angus said.

"Because if it happened under his watch and he did nothing about it, that would be absolutely shocking."

Harper is expected to address the Conservative caucus Tuesday morning before departing to South America for trade talks.

Wright's resignation followed that of Duffy, who left caucus on Thursday facing a potentially humiliating showdown with his Senate colleagues. Colleague Pamela Wallin, who is facing her own expenses audit, also left the Tory caucus on Friday.

The ethics commissioner is also looking into Wright's repayment of Duffy's expenses.

At least one Tory MP was trying to put a decidedly optimistic face on a week that saw Harper lose two Conservative senators and his top aide.

Conservative MP Joan Crockett took to Twitter on Monday to trumpet her party's commitment to ethics.

"Our govt has the highest ethical standards demonstrated by 3 resignations: 2 from Senate caucus & the PM chief of staff," Crockett wrote.

"Those whose actions don't stand up to scrutiny, resign. Unlike the opposition. It's a clear demo of accountability folks from some other parties could emulate. #liberals."

THE CANADIAN PRESS

1 NEWS



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Sens fans: Hit Penguins, miss penalties to make it all the way

Go Sens Go! A day after tense win, locals offer up advice to team



SEAN MCKIBBIN
sean.mckibbin@metronews.ca

Ottawa Senators fans were riding high Monday, despite having to bite their nails through a double-overtime victory over the Penguins Sunday night.

"You know those foam floor-pad number-and-letters things for babies? We were jumping on the numbers of the players with the puck last night," laughed Chantal Charbonneau as she and her husband Charles St-Onge, one-year-old son Alexandre and sister Caroline Charonneau took in the sites of Parliament Hill on Monday, all while wearing their team colours.

"It was just to give them that extra bit of luck," said St-Onge.

"But it didn't work," said Chantal. By the third

period the family sat down and watched glumly as it seemed all was lost — until a last-minute goal by Daniel Alfredsson tied things up. And then the gut-wrenching overtime journey to victory ensued.

"We were pretty loud," said Chantal of her family's cheering. "It's a wonder (Alexandre) could sleep."

Naturally, they and other fans were full of advice for their team.

"They need to play aggressive," said Charles. "Keep it physical."

"But stay out of the box and shoot on the net," said Chantal.

Martin Gonzales, who was wearing his Sens T-shirt at Tulipfest in Marion Dewar Plaza, offered a similar prescription and said he thought the return of Jason Spezza to the team lineup gave the team an added boost.

"I don't know what the coach said to them before the third period, but everything changed. It was nice to see."



From left: Charles St-Onge, his wife Chantal Charbonneau, their one-year-old son Alexandre St-Onge, and Chantal's sister Caroline Charbonneau, all decked out in their team's colours, celebrate the Sens' victory with a visit downtown. SEAN MCKIBBIN/METRO

Word on the street



"They need to keep the intensity and keep up the physicality. And you have to give it to Captain Alfie. He is the heart and soul of that team."

Alex Roy, at left,
of Halifax

"You have to cheer for the Canadian team. I'm a Montreal fan, but if Montreal had had an Alfredsson and a Chris Neil my team wouldn't be out right now."

Jonathan Beaudoin, at right,
of Montreal



"They need to play very aggressive but not too physical, and they need to defend the net."

Martin Gonzales,
of Ottawa

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Britannia. Stabbing and fatal shooting not linked to gangs, police say

Ottawa police said the shooting death of 24-year-old rapper Malik Adjokatcher last Tuesday and the stabbing of another young man in the same Britannia community on Thursday have no gang connection after residents had speculated on a brewing gang war.

"There's no indicators right now that there's any kind of gang war going on in our city," said police Staff Sgt. Mark Patterson, head of the guns-and-gang unit, on Friday morning. He noted that the same speculation arose last summer when a number of gang-related shootings occurred.

Police were called to a row house in the 2900 block of Penny Drive at 9:34 a.m. Thursday after a man in his early 20s was found bleeding from stab wounds. The victim

was taken to hospital with minor injuries, according to police spokesperson Const. J.P. Vincelette.

A neighbour in the community where the stabbing occurred told the Ottawa Sun on Thursday that "it's going to be blue versus red all summer," referring to the respective colours of the Crips and Bloods streets gangs.

Yet while gang activity has been tracked in the community in recent years, Patterson, who is liaising with major crimes on the shooting, said the two incidents are so far unrelated and not connected to any particular gang.

"That's their perception," he said of the neighbour's claim. "Street gang members are very transient. They conduct business all over the city."

GRAHAM LANKTREE/METRO

Raid. Seven face charges after bust yields drugs including fentanyl

The dangerous narcotic fentanyl, responsible for several deaths in Ottawa over the past year, was among the prescription drugs seized in a raid last Wednesday that led to charges for seven people.

"Some of these people are connected with trafficking fentanyl in Manotick," Ottawa police Staff Sgt. Kal Ghabban, said of a rash of break-and-enters in the community.

Drug pushers were trading youth hits of the drug for stolen goods, he said.

The arrests were made by the street-crime unit at both the Ottawa Central Station

and in the 1500 block of Bank Street.

Among the drugs were fentanyl patches, morphine, oxycodone and Dilaudid, as well as small amounts of crack and marijuana.

The drugs had a street value of \$3,000 and \$300 in cash was also found.

Arrested and facing drug-related charges are Shane Twenish, 25, Thomas Ivey, 25, Jill Buckshot, 30, Kyle Perkins, 22, Matthew Corrigan, 30, William Bravar, 27, and Leeah Cameron, 23. All are from Ottawa.

GRAHAM LANKTREE/METRO



Zebra frontman Randy Jackson, centre, will portray Led Zeppelin's Robert Plant in The Music of Led Zeppelin at the National Arts Centre on Wednesday. CONTRIBUTED

Led Zeppelin tribute gig will raise roof

NAC. Show featuring orchestral takes on classic rock tunes



GRAHAM LANKTREE
graham.lanktree@metronews.ca

The raw power of Led Zeppelin will rock the NAC on Wednesday as the orchestra teams with members of the band Zebra to recreate "verbatim" the classic rock band's orchestral hits.

"For me the thing that's really special are the arrangements and the way they're done," Zebra frontman Randy Jackson said of collaborator Brent Havens' orchestral take on The Rain Song, Friends and Kashmir, along with his interpretation of Whole Lotta Love.

"He does a fabulous job of adding orchestral parts where there wasn't before," Jackson said regarding Whole Lotta Love. He has been professionally recreating his favourite Zeppelin tunes since 1996.

"It's awesome. They orchestrated a lot of songs on their

records," he said, noting that he got the gig when a band in Virginia Beach "needed someone who could do (Led Zeppelin's Robert) Plant with a little more authenticity" than the singer they had recruited.

"He would sing an octave lower if he couldn't hit the high notes," Jackson said.

"I try to keep my hair as long and curly as possible. But it's about the music, not the look."

Jackson's love for Zeppelin began when he was 15 years old and pulled in by the cover of the band's second album

at a record shop in his native state of Louisiana.

"When I put it on I was so engrossed with the music and just dived in," he said. "Most of the players in these symphonies are so good you don't need a rehearsal. I hear great things about the NAC orchestra."

The Music of Led Zeppelin comes to the NAC Wednesday and Thursday. Tickets start at \$22.

Follow Graham Lanktree on Twitter @MetroGraham



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A woman carries a child through a field near the collapsed Plaza Towers Elementary School in Moore, Okla., Monday, after a tornado at least a half-mile wide with winds up to 320 km/h roared through the Oklahoma City suburbs.
SUE OGROCKI/THE ASSOCIATED PRESS

Monstrous tornado rips through Oklahoma City suburb; scores dead

Tragedy. Tornado warnings posted all the way from Texas to Illinois in wake of deadly twister

A tornado at least a half-mile wide roared through the Oklahoma City suburbs Monday, flattening entire neighbourhoods with winds up to 320 km/h, setting buildings on fire and landing a direct blow on an elementary school. At least 51 people were reported killed, including children.

The storm laid waste to scores of buildings in Moore Okla., south of the city. Block after block of the community lay in ruins. Homes were crushed into piles of broken wood. Cars and trucks were left crumpled on the roadside.

The National Weather Service issued an initial finding

that the tornado was an EF-4 on the enhanced Fujita scale, the second most powerful type of twister.

Authorities expected the death toll to rise as emergency crews moved deeper into the hardest-hit areas. At least 60 people were reported hurt, including more than a dozen children.

Rescuers mounted a desperate rescue effort at the school, pulling children from heaps of debris and carrying them to a triage centre.

Oklahoma Gov. Mary Fallin deployed 80 National Guard members to assist with search-and-rescue operations and activated extra highway patrol officers.

Fallin also spoke with President Barack Obama, who offered the nation's help and gave Fallin a direct line to his office.

Many land lines to stricken areas were down and cell-

phone traffic was congested. The storm was so massive that it will take time to establish communications between rescuers and state officials, the governor said.

At Plaza Towers Elementary School, the storm tore off the roof, knocked down walls and turned the playground into a mass of twisted plastic and metal. Several children were pulled alive from the rubble. Rescue workers passed the survivors down a human chain to the triage centre in the parking lot.

James Rushing, who lives across the street from the school, heard reports of the approaching tornado and ran to the school, where his five-year-old foster son, Aiden, attends classes. Rushing believed he would be safer there.

"About two minutes after I got there, the school started coming apart," he said.

THE ASSOCIATED PRESS



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Summer forecast. Canada to cook on medium-high

Meteorologists at AccuWeather.com say most Canadians can look forward to a more "typical" summer this year, when hot spells will be interspersed with cooler periods.

"The biggest takeaway ... is it's not going to resemble last year's summer, which was the warmest summer on record," said Brett Anderson, lead forecaster for Canada.

"Yes, we will have spells of heat, we will have spells of very dry weather but we do not ex-

pect patterns where it's going to lock in for weeks on end."

The season is still going to rank among the top-10 warmest summers on record, but that's largely due to recurring warmer-than-normal temperatures in the Far North.

The weather in southern Ontario is expected to be pleasant, with hot periods broken up by welcome cooler days, although some thunderstorms are expected earlier in the season. **THE CANADIAN PRESS**



Canadians can expect to sizzle, if not all season. DAVE CHIDLEY/THE CANADIAN PRESS

Mexico. Canadian and his American friend vanish — families fear kidnapping

Mexican media outlets are reporting that a Canadian and an American have gone missing from the resort city of Puerto Vallarta.

The online newspaper Noticias PV says Diego Hernandez, a Canadian martial-arts instructor, and his friend Craig Silva vanished on May 8.

The paper says Puerto Vallarta's director of public safety, Silvestre Chavez, didn't learn

of the men's disappearance until five days later and has launched an investigation.

A Facebook group that aims to collect tips about the men's whereabouts says their families fear it was a kidnapping.

It says the pair was last seen in Silva's truck, a black 2003 Chevy Trailblazer, which has since been recovered by Mexican authorities.

THE CANADIAN PRESS

Mourners offer solemn salute to Elijah Harper

Dead at 64. Former MP best known for blocking the Meech Lake accord

Hundreds lined up inside the Manitoba legislature Monday to pay their respects to Elijah Harper, the aboriginal politician whose quiet but firm resistance to the Meech Lake constitutional accord became a symbolic moment for indigenous rights.

"He gave us all inspiration to know that it's OK to say no sometimes," says Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

Young and old made their way past the casket, adorned with a Manitoba flag and an eagle-feather headdress. Nearby were portraits of Harper with an eagle feather in his hand, similar to the one he held in 1990 when he denied the unanimous consent needed to rush the accord through to final approval.

Harper was elected chief of Red Sucker Lake in the late 1970s and was elected to the Manitoba legislature in 1981. He was in the NDP opposition benches during the federal government's 1990 attempt to enact the Meech Lake accord, which had been crafted to win Quebec's signature on the Constitution.



Elijah Harper died Friday morning in hospital of cardiac failure due to diabetes complications. **THE CANADIAN PRESS**

Harper believed the deal gave his people short shrift.

"He stood firmly in his identity, in his roots," Shawn Atleo, national chief of the Assembly of First Nations, told reporters Monday.

"Those of us that are younger, we continue to stand in the shadow of great moments like that. Our work continues."

THE CANADIAN PRESS



Burial service is set for Thursday in Red Sucker Lake. **JOHN WOODS/THE CANADIAN PRESS**

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Quebec student protesters are fighting fines — with a panda

Anarchopanda.

\$31,000 raised to fight 1,000 tickets handed out and to challenge Montreal bylaw that bans masks

A philosophy professor who famously wore a panda costume to lighten the mood throughout last year's Quebec student protests has found a new cause.

Anarchopanda, the unofficial mascot of the Quebec student strikes, has completed a fundraising campaign to contest fines levied against protesters in recent months.

More than \$31,000 has been raised according to Anarchopanda — whose real identity is Julien Villeneuve.

He became a local celebrity during the student strikes where, clad as the bamboo-munching bear, he

peacefully marched with students, offering hugs to police.

Although the strikes ended last year, the most committed core of protesters carried on this spring. First they fought the smaller tuition hikes introduced by the Parti Québécois and, lately, have been contesting an alleged crackdown on civil liberties.

Villeneuve was detained last month and fined \$637 for not respecting a Montreal bylaw that has become the focus of the civil-liberties dispute.

He is now fighting that local bylaw, P-6 — which bans masks at protests and imposes fines that range from \$500 to \$1,000 for a first offence.

The bylaw was passed at a time that Montreal was on edge, with daily demonstrations occasionally devolving into street scuffles, blocked downtown traffic, smashed windows, and transit interruptions.

THE CANADIAN PRESS



Anarchopanda, the unofficial mascot of the Quebec student strikes, greets riot police at the start of a student protest against tuition fee hikes on Feb. 26 in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

Sweden

Police shooting sparks riots in Stockholm

Gangs of youth in Sweden angered by the police shooting death of an elderly man in a mainly immigrant neighbourhood hurled rocks at police and set cars and buildings on fire in a Stockholm suburb early Monday, forcing the evacuation of an apartment block.

Around 50 youths were involved in the riots in the suburb of Husby, a drab, low-income neighbourhood of apartment blocks west of Stockholm.

The youths set light to a parking garage, compelling police to evacuate residents from an adjacent apartment block.

Around 80 per cent of the 11,000 people in Husby are first or second generation immigrants.

Police responding to calls of burning cars were met by masked youths hurling rocks at them.

THE ASSOCIATED PRESS

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The King Edward
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Charlottetown 4 Nights 4-Star was ~~\$389~~ pp now **\$339** pp
Delta Prince Edward
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Halifax 4 Nights 4-Star was ~~\$409~~ pp now **\$359** pp
Delta Halifax
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Tunisian FEMEN activist Amina Tyler, seen on April 8, was arrested in Kairouan. CAPA/CANAL+/THE ASSOCIATED PRESS

Tunisian feminist arrested in holy city

'An act of provocation.'
Mother of 19-year-old protester who posted topless photos online fears for daughter's life

A Tunisian feminist who scandalized her country by posting topless photos of herself online has been arrested after allegedly sneaking into Tunisia's holiest city disguised in a veil, then trying to get undressed during a protest.

On Sunday, Amina Tyler — a 19-year-old member of the Ukrainian feminist group FEMEN, which uses nudity in its protests — passed through heavy security and checkpoints to enter the city of Kairouan, where police were preventing hardline conservative Islamists from holding an annual conference.

There she unveiled her bleached blond hair and cut-off jeans, scrawled "FEMEN" on the wall of a cemetery near the city's main mosque, and attempted to take off her clothes,

her lawyer Radhia Nasraoui, quoted police as saying.

In a video of the incident shown on the Tunisian news website Nawaat, people yell "get out" at her as police usher her into a waiting van.

A local resident shouts at the camera: "She is dishonouring us. We will protect our town, but a dirty girl like her shouldn't come among us."

"We are all Muslims," Tyler says to one man, who replies: "You are no Muslim. Don't come to Kairouan."

THE ASSOCIATED PRESS

Yahoo buys Tumblr, CEO makes promise not to 'screw it up'

Social media. Deal is biggest move of Marissa Mayer's 10-month reign

Yahoo is buying online blogging forum Tumblr for \$1.1 billion US as CEO Marissa Mayer tries to rejuvenate an Internet pioneer that had fallen behind the times.

The deal announced Monday is Mayer's boldest move since she left Google 10 months ago to lead Yahoo's latest comeback attempt. It marks Yahoo's most expensive acquisition since the Sunnyvale, Calif., company bought online search engine Overture a decade ago for \$1.3 billion US in cash and stock.

While hailing Tumblr as a fount of creativity that attracts 300 million visitors each



Tumblr founder David Karp speaks at TechCrunch Disrupt NY 2013 on May 1 in New York City. Yahoo has bought Tumblr, but says Karp will remain in control of the social-media service. BRIAN ACH/GETTY IMAGES FOR TECHCRUNCH

month, Mayer told analysts Monday that she is "making a sincere promise to not screw it up." David Karp, a high school dropout who started Tumblr six years ago, will remain in control of the service in an effort to retain the same "irreverence, wit and commitment to

empower creators," Yahoo said.

Karp, 26, may now have a managerial mentor in Mayer, 37. Tumblr, which will remain based in New York, has about 175 employees, while Yahoo has 11,300 workers.

THE ASSOCIATED PRESS

Viewing habits. Netflix CEO takes on conventional TV

Netflix CEO Reed Hastings is standing in line at a bustling Toronto coffee shop, summing up a speech he's set to deliver later in the day on the future of television, when he spies an example of his vision that's so perfect it almost seems planted by his PR team.

Smiling, he points to a young couple oblivious to their surroundings in the crowded café. They're snuggled together behind a laptop, sharing a pair of earbud headphones, and engrossed in a video they're streaming via the in-house Wi-Fi. "People look to Netflix when they have some time to relax, some time to kill and want some stimulation, and that's not limited to the living room at 8 p.m.," Hastings later says in an interview. "What's great about an Internet service, whether it's YouTube or Netflix, is you can (use) it on many different platforms — that's really where TV is going."

Netflix recently published a letter to shareholders outlining how the firm believes it will thrive at the expense of conventional broadcast TV.

THE CANADIAN PRESS

Arrested Development



Actor Jeffrey Tambor at a May 9 screening of Arrested Development Season 4 in London, England. THE ASSOCIATED PRESS

- **The Canadian Press:** "Arrested Development fans have May 26 circled on their calendars and many will likely try to watch all 15 new episodes in the same day. Does it matter to you how quickly fans get through the new episodes?"
- **Reed Hastings:** "It does. We do a lot of research on what people are watching, what they're enjoying.... (Seasons) 1, 2 and 3 had an incredible passion index. Once (viewers) get into it they're like, 'More and more and more!'"

China



Millions of dollars worth of lamb and other meat from New Zealand is stranded on Chinese docks. GETTY IMAGES FILE

Lotsa lamb chops left in the lurch

Hundreds of tons of frozen mutton, lamb and beef from New Zealand have been stranded on Chinese docks after China halted their import due to a certification dispute.

China is New Zealand's largest consumer of sheep meat. It has blocked all New Zealand frozen beef and sheep meat that has arrived in the past two or three weeks, said Dan Coup, trade and economic manager for the Meat Industry Association of New Zealand. The meat sitting in freezers at the docks is worth tens of millions of dollars. Because it is frozen, it will last for months, Coup said.

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WHY CAN'T WE ACCEPT PRAISE?

There's a fine art to accepting a compliment graciously. Most people have a tendency to offer up self-deprecating responses rather than acknowledging positive feedback.

Here are a few actual examples that I've overheard in real life:

"Your new haircut looks fantastic. 'Seriously? You don't think it's too short? It's definitely too short; I look like a boy.'"

"I love your new dress." "Oh, I just found it on a rack at Value Village. I swear I only paid \$5.99 for it."

"Congratulations on finishing med school!" "Thanks but I have no idea how I pulled that off. I'll probably accidentally sever off an arm or stitch someone's mouth shut in, like, the first week."

Now there's nothing wrong with a little modesty, but it can be problematic when we're constantly deflecting flattery



SHE SAYS

Jessica Napier

metronews.ca

rather than recognizing our own hard work.

In my experience, it seems that women are far more likely than men to rebuff positive attention with a dismissive hand wave or a reciprocal "no you're so great" comment. We've been socialized to value lady-like decorum over boastfulness and as a result, we have a hard time owning up to our talents and achievements.

I rarely respond to compliments in an appropriate manner. I know that I should reply with a heartfelt "thank you" but I'm far more likely to fall back on a sarcastic retort or a "thanks BUT (insert qualifying statement that undermines my success in some way)."

I'm working on my graciousness because I know how annoying I'm being when I act like this.

Recently, a friend invited me over to her apartment for a small dinner party. I spent a large portion of the evening re-

marking on how delicious the food was, but she repeatedly brushed me off and insisted the meal was so easy to prepare that even the biggest kitchen klutz could recreate it. Here was this culinary whiz acting as if she had simply toasted a slice of bread and making me feel foolish for lavishing her with praise.

It sucks to be on the receiving end of a snarky retort when you're trying to offer up kudos for a job well done. I know how frustrating it can be when someone refuses to take admiration seriously or gives you a dismissive eye-roll and yet that doesn't stop me from doing the same thing.

While it might make us feel uncomfortable to acknowledge our own awesomeness, I think it's an important skill to learn. People are usually being genuine when they pay you a compliment and it's only polite to respond in a sincere and courteous manner. Besides, we all deserve to be proud of ourselves and toot our own horn every once in a while.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Sky's the limit for this photog



STEPHANE VETTER/TWANNIGHT.ORG

Northern Lights take top award

For the onlooker, a wintry cascade, starry Milky Way and aurora borealis spells a triple treat.

This panoramic image at Iceland's Godafoss waterfall is the overall winner at the 2013 Earth & Sky contest run by The World At Night (TWAN), a project that showcases night-sky photography while underlining the need to prevent light pollution. **METRO**

Q and A

'Make sure to have your feet on the ground and head in the stars'



STEPHANE VETTER
Doctor and amateur
photographer, 50

How did you capture this photo?
To photograph something as broad as the aurora, you need to make a panoramic image. So I took four

vertical images and later joined them together on a computer program. Each photo had an exposure time of 15 seconds and the entire panorama took less than two minutes to take, but I had to wait three hours for the Milky Way to be near the horizon.

What lasting impression should we take from this?
Make sure to have your feet on the ground and head in the stars. People have lost their relationship with nature, so we must reconnect. **METRO**

Quoted



"This photo has many winning elements:

The Earth-sky connection, beautiful stars and outstanding phenomena like the aurora borealis."

Babak Tafreshi, founder and director of The World at Night (TWAN)

Click bait



GETTY IMAGES

The world became a little weirder when Google Glass was unveiled. The augmented reality glasses allow you to do everything your smartphone can do, without having to touch a screen. It's promised to be released by early next year, but comes with a slew of emerging competitors. Watch for these products to launch soon, or fail.

Telepathy One

This device comes with a focus on social media and in its early phase only has a few apps, but among them is the Manga Camera, which converts photos into cartoons that can be posted to Tumblr.

sporty-types looking to measure distance and speed travelled while skiing, for example, and capture video while doing it.

Lumus prototype

The display on this emerging technology utilizes your entire field of vision, but is limited to email, text and web. **METRO**

Recon Instruments' Jet

This device is more Robocop-looking than the others, and is targeted to

Comments

RE: Harper To Be On Hot Seat At Tuesday Caucus After Chief Of Staff Quits, published online May 19

Tsk, tsk, tsk. The Tories are throwing themselves under the bus, again, just like the good old days.

Prime Minister Stephen Harper's appointments are turning into a cement anchor just as the

suddenly badly listing Tory ship is looking for a safe harbour to steam towards — and a new captain to get it there. Harper should resign. Tsk, tsk, tsk.

Meanwhile, it looks as though new Liberal Leader Justin Trudeau won't have to do or say a thing between now and the next election to be elected prime minister.

Rudy Haugeneder posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

DVD reviews



Stories We Tell

Director. Sarah Polley

Actor/director Sarah Polley's personal documentary is extraordinary in every way, from its post-modern structure to the raw emotion of its carefully revealed family secrets. *Stories We Tell* isn't just about any family, but Polley's own. She and her loved ones summon the necessary courage not only to delve into extremely difficult subjects, but also to face up to life-altering consequences. Seeking definitive answers for long-whispered family rumours, and using her film as an investigative tool, the Toronto filmmaker unearths a blunt fact: Michael Polley, the man who raised her since her 1979 birth and whom she still calls Dad, is not her biological father. *Stories We Tell* is as direct as a blood transfusion. It's a film of fact, remembrance and forgiveness, with no clear path. You just have to trust in Sarah Polley's steely determination and follow her relentless lens. In a word: wow.

PETER HOWELL



The Hangover Part III opens this Friday. HANDOUT

The journey from Dr. Jeong to Mr. Chow

Fixing funny bones.

Ken Jeong's comedy began as a hobby, but after some big roles, his success is beyond anything he ever imagined

RICHARD CROUSE
scene@metronews.ca

"I honestly don't think my career will get any better than this," says Ken Jeong. "I think I've peaked."

Jeong returns in *The Hangover Part III* as Mr. Chow, the

violent gangster with a heart of gold. Or at least fool's gold.

"He's a villain who likes to laugh," says Jeong. "Mr. Chow changed my life," he says.

"He opened up a new world for me and I was able to work a lot as an actor because of the first *Hangover*. Now this is the biggest role I've ever had, in the part that I'm most well known for. You can't ask for better than that.

"This is beyond anything I ever expected. When I quit my day job as a doctor I just wanted to be a working actor. I just wanted to have lines in movies. That's all I ever wanted."

Before finding fame as an actor, Jeong lead a double life — practicing medicine during the day and doing standup at night.

"I wasn't trying to keep (the two lives) separate, like Clark Kent separate," he says. "It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine. Work hard, play hard mentality."

These days he is in touch with some of his former patients.

"I have patients that I email with or keep in contact with on Facebook and they're always happy for me because I wasn't a wacky, schtick guy when I was a doctor.

"I was pretty intense and pretty serious.

"The stuff I get now from my patients is, 'We're just so happy you have an outlet. You were just so serious. We thought you

would explode.'

"When they found out I did standup comedy back in the day when I was practising medicine they'd say, 'I'm so happy for you. You've finally found a way to channel all this stress out.'"

The Hangover Part III is the finale of the series, but Jeong would like to see Mr. Chow go on more adventures.

"Mr. Chow, and I'm not saying this because I'm promoting the movie, is my favourite character," he says. "The spectrum of imagination on that character is so wide.

"I would love to see him in any situation and see what he would say or do. I would love a Chow spin-off. I love that character so much."

2 SCENE



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Derek Hough's life is anything but routine

Dancing with the Stars. Multi-talented performer isn't satisfied to just lace up his dancing shoes — he's always looking for a new challenge

Derek Hough has made it to the finals of the 16th edition of Dancing With the Stars, which wraps Tuesday, but he almost didn't return to the ABC show this season.

"I was gonna sit this season out," Hough said in a recent interview. "My mom hurt herself and she was in the hospital (but) I had this overwhelming feeling, 'You

know what? I feel like this isn't the season I should be taking off. This isn't the one.' Now looking back, I'm really glad I made that decision because it's been one of my favourite seasons as far as creating and working with people."

Besides teaching his celeb partner, country singer Kellie Pickler, how to ballroom dance,

he's also performed with a blind dancer and danced in a rotating room.

Hough, 28, pushed for these opportunities to keep challenging himself.

"For me, I like to push myself ... I hate feeling complacent or that I'm not learning," he said.

His sister, Julianne Hough, also a professional dancer, left

Dancing With the Stars in 2009 to focus on her music and acting career. She said Derek is "the most talented person" she knows.

"He has an insane ability to create. I don't know what special gifts God gave him, but he can pick up any instrument and self-teach himself. He plays guitar, drums, piano," she said.

"He's one of the most amazing photographers I've ever seen. We'll take the same exact picture in the same exact spot and there's something amazing and beautiful about what he's taken. He's got an incredible voice. He is an amazing actor. I think the sky is the limit for my brother."

Hough said he wants to do everything. "It's such a cliché thing to say," he laughed. "I want to choreograph, I want to direct, I want to act, I want to write music, I want to play music, I want to sing. For me, it's never-ending. I want to do it all, really."

Hough has won the mirror-

ball trophy three times since he joined the show in 2007 (he sat out one season), but said he hasn't always been happy with his performances.

"There've been seasons where I've looked back and maybe been proud of one routine the entire season," he said. "That bothered me for a while, so that's why a couple seasons ago I started doing my own thing I suppose. I didn't want restrictions and I didn't want to restrict my ideas and choreography and concepts because I was afraid I was gonna get a seven or an eight or a six" score from the judges.

He decided what mattered most is the dance itself.

"I said, 'You know what? Whatever happens, when the show finishes, the season's over, the judges' comments and the scores disappear, all you're left with are the dances.'"

The season finale of Dancing With the Stars will air at 8 p.m. 9 p.m. EDT Tuesday on ABC.

THE ASSOCIATED PRESS



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Derek Hough says he wants to 'do everything.' THE ASSOCIATED PRESS

Box office. Star Trek sequel rockets past rivals

Star Trek: Into Darkness has warped its way to a \$70.6 million domestic launch from Friday to Sunday, though it's not setting any light-speed records with a debut that's lower than the studio's expectations.

The latest voyage of the starship Enterprise fell short of its predecessor, 2009's Star Trek, which opened with \$75.2 million.

Since premiering Wednesday in huge-screen IMAX theatres and expanding Thurs-

day to general cinemas, Into Darkness has pulled in \$84.1 million, well below distributor Paramount's initial forecast of \$100 million. The Star Trek sequel bumped Iron Man 3 down to second place after two weekends on top. Robert Downey Jr.'s superhero saga took in \$35.2 million domestically to lift its receipts to \$337.1 million. Domestically, The Great Gatsby held up well at No. 3 with \$23.4 million.

THE ASSOCIATED PRESS



Kristen Stewart. ALL PHOTOS GETTY IMAGES

Twilight twosome splits, but sources say it won't be for too long

Kristen Stewart is reportedly "heartbroken" and "so sad" over the breakup with longtime boyfriend Rob Pattinson over the weekend, according to E! News. But sources close to the newly ex-couple are still optimistic

the split is only temporary. "They are going to stay living at Kristen's house because of the dogs," a source says. "It's not fully over or he would have moved out. They will be back together in no time."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Walters, wolves and a weight watch? What a week!



STARGAZING
Malene Arpe
scene@metronews.ca

Barbara Walters announces she's retiring. Unfortunately for Barbara, due to Angelina Jolie's news, this was not the most fascinating announcement of the week.

Kristen Stewart's mother Jules gets a restraining order against a weird neighbour who insists Jules keeps wolves in the house and keeps harassing her about it. Well, if anything, that would explain

where Taylor Lautner has been since Twilight ended.

Seth Meyers is set to take over Late Night when Jimmy Fallon takes over The Tonight Show from Jay Leno, who took over from Johnny Carson. "Whew," say women and people of colour, "we dodged another one."

Allure Magazine prints Zoe Saldana's weight on the cover. That's a good editorial decision, because the fact that Zoe is now a star of three major movie franchises is, like, so whatever.

Demi Lovato says her tour rider calls for incense, pickles and instant ramen. Add mayonnaise and that's pretty much a list of all the worst things in the world.

Curry back to us! NBC seeks to suck up as Angelina asks for only Ann

NBC is looking to smooth things over with Ann Curry, the Today show co-host that was unceremoniously dumped from the show last summer, in the hopes that she can score the first sit-down interview with Angelina Jolie following the actress' revelation that she underwent a double mastectomy, according to Radar Online.

"Angelina made it known after Ann was demoted from Today that the only journalist to interview her from the Peacock network would be Curry," a source says. "Ann would be prominently featured in all of the promotions and publicity if Angelina agreed to do it." Looks like it's time for the network brass to make nice with Curry.

Twitter



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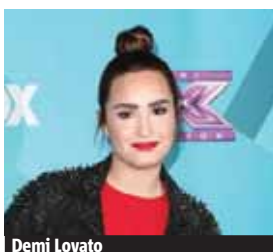


@channingtatum
"Go where you are celebrated — not tolerated. If they can't see the real value of you, it's time for a new start." — Unknown



@lenadunham
"Under the right circumstances, I'd love to murder someone" — something I'm glad I've never said in an interview

Lovato learned lessons in love from Jonas bro



Demi Lovato

It's been three years since her brief romance with Joe Jonas, but Demi Lovato is still thinking about it. "We were in a relationship and we broke up, and at one point I was really mad at him," she tells ABC's Nightline. "When you go through heartbreaks and things like that, you always have in mind somebody. It's like when you hear a song on the radio that reminds you of somebody, you're going to be reminded. But keeping that in mind ... it's a delicate balance." Things between the former Camp Rock co-stars are much better now, too: "We have a great friendship," she says. "And we may not be as close as we used to be, but that's OK."



Winona Ryder

It may be 'normal hygiene' on set, but Winona hasn't had work done, she says

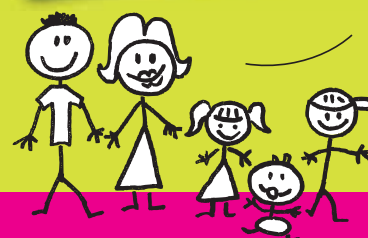
Winona Ryder is flattered that some people think she's had work done to keep her looking youthful, but the 41-year-old actress insists that plastic surgery — which she says she's "found is normal hygiene now on sets" — isn't for her. "I'm not trying to knock it, but, you know,

I have a little bit of traffic now on my forehead, which I'm, like, very proud of actually," she tells Interview magazine. "It's interesting how people just instinctively are like, 'Oh, maybe you should get something done for that.' And it's like, 'Really?'"

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3
LIFE

Fighter gets Fast and Furious

Interview. Mixed martial arts pro Gina Carano stars in the sixth instalment of the popular action flick and talks about training and diet rules

ROMINA
MCGUINNESS
life@metronews.ca

You're a tough chick but you look almost petite next to the Rock. What did you do to assert your dominance?

I just fed off his energy. It's kind of an intimidating thing, the size difference. But he's such a lovely person. It just made me want to mirror that kind of energy.

He's big but lovable. Does the guy get manicures between takes? Or does he try to act tough?

He's very mysterious. I'd like to say he's a big softie but he takes himself seriously.

What do you do to stay in shape?

I train everyday. I do Muay Thai and Jiu-Jitsu. You go through phases when you're training: you start out and you're like, "This is brutal." Then you're laughing and think, "This is ridiculous!" By the time you pull it together you get a second wind and you get focused and it's just the best feeling.

All that kicking and punching, you must need a lot of fuel to keep going. What's your diet like?

It's been a long road to get here but I have a very healthy relationship with food. I'm just normal. You go through ups and downs of



Gina Carano can beat you in a fight. Deal with it. HANDOUT

figuring out how your body responds to food but sometimes you have to cheat and eat some pasta you know? When you start putting too many rules on something you get a bit anal about it and it's counterproductive.

Your co-star Michelle Rodriguez looks like the kind of girl that doesn't take anything. Were you on guard when you first met her?

She is feisty. I've been around feisty people my whole life, so I didn't have any expectations. I gave her a chance to be exactly who she is. We had great chemistry — she's the first actress I've ever

worked with physically.

You guys fight a lot in the movie — is it all for real or stunt doubles?

I do all my own stuff but she's quite tiny. I grabbed her wrist to handcuff her and I was like, "What!" She has the tiniest little wrist I've ever seen. But if you don't walk away with some pain, you don't feel like you did your job.

You've worked with both Channing Tatum and Michael Fassbender. Now, girls have obsessed over Channing's abs in Magic Mike and Michael's bum



Gina Carano as Riley in Fast & Furious 6. GILES KEYTE

Give it everything

"Hold (your) arm straight up and bring your hand, held upright, close to your body. Close your fist tight and make sure you have a strong wrist. Bring your strength up through your feet, through your hips and put your body into it. You want to have a small target, so try to focus on the first two knuckles. Now give that everything."

Gina Carano
On how to throw a punch.

in Shame. You've actually seen them both, up close. What would you score their assets, out of 10?

He's known for his bottom? I respect them too much to rate that. Channing has worked so hard to be taken seriously and Michael is just automatically taken seriously.

Most guys like the fact they're the stronger one — physically — in a relationship. But you're a martial arts expert and could probably beat the heck out of anyone. How has this affected your romantic relationships?

You don't know any of my ex-boyfriends. They could

have been strong. My ex-boyfriend got me into Muay Thai and we would go to the gym and spar. But my relationships are private. I don't want to talk about him.

Do you ever look at people and think, "I could totally kick your butt."

If you don't like someone, of course you have that kind of thought sometimes. You kind of get violent fantasies and then you're like, "Wow! why did I do that?"

Your last professional fight ever. Who would you want to be up against and why?

The person I lost to: Cyborg. You always want to avenge that.



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Turning your indoor allergy nightmares into sweet dreams

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LINDA LABAN
Metro World News

Asthma and Allergy Foundation of America ambassador Robin Wilson is a New York City-based designer who heads Robin Wilson Home (their clients include former president Bill Clinton). Wilson gives us tips on creating a low-allergy inner sanctum — and that includes cutting chemical exposure, which makes the body more sensitive to reactions.

Bed

"You go out into the sun on a daily basis, but if you sit in it for six hours you'll get a sunburn. It's the same with sleep-



Simply put — allergies blow. ISTOCK PHOTOS

ing on a toxic mattress. If you spend a third of your life sleeping, you're spending a third of your life absorbing toxins. Cheap mattresses are sprayed with boric acid: That's roach killer! Buy the most expensive mattress you can. Dust mites collect in your mattress and pillow. Change pillows every three years, wash them once a year and choose synthetic pil-

lows, not down-feather ones: Feathers trigger allergies."

Bath

"Choose a nylon shower curtain, not a vinyl one. Nylon doesn't off-gas and it's more mould-resistant and washable. Check and replace caulking once a year. Flushing the toilet sends microscopic water droplets

throughout the bathroom every time you flush. That means mould and E. coli might be landing on your toothbrush, so put the lid down before flushing."

Beyond

"Your floors and walls are the largest surfaces in your home. Use non-VOC paints that won't off-gas. Replace wall-to-wall carpeting with carpet tile, which can be cleaned properly. Use cotton-backed, not vinyl-backed rugs — they trap less dirt and dust. Use white vinegar to clean fridge pans and add it to the soap compartment in your dishwasher. Run it while empty."

Is your home an allergy nightmare?

"If your allergies clear when you go (on vacation) and then when you get home you start feeling 'blargh' again, then your environment is full of triggers," says Wilson.

Best Health

New takes on healthy food options



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health Magazine regularly showcases the health benefits of foods that you might not know a lot about. Here are a few of the latest that registered dietitian Matthew Kadey rounded up in the May issue:

Black beluga lentils

Green lentils are a great source of fibre, protein and folate. But the black beluga type, which are smaller and have black skin, have anthocyanins — the same potent antioxidant found in blueberries and blackberries. Anthocyanins help stymie free-radical cell damage and heart disease.

Quinoa flakes

Similar to quick-cook oats, quinoa flakes cook in boiling water in just a couple



Broccoli sprouts. ISTOCK PHOTOS

of minutes. Billed as a super-food and a complete protein, quinoa has a range of benefits including iron, phosphorus, folate and magnesium. And, it's high in fibre.

Broccoli sprouts

You've heard of alfalfa sprouts, which are great for you, but there's a new kid in town. Broccoli sprouts, which are very young broccoli plants, contain up to 100 times more of the phytonutrient sulforaphane than broccoli does. This has been shown to have strong cancer-preventing effects.

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Picnic pick: Pesto Potato Salad



This salad serves eight to 10. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Traditionally, potato salads are made with loads of mayonnaise, sour cream or oil. My lighter version has a delicious pesto sauce with some crunchy vegetables. It goes great as a side for any barbecued items.

1. Put potatoes in saucepan with cold water to cover; bring to a boil and cook for 20 to 25 minutes, or until easily pierced with a sharp knife. Drain and set aside.

2. Meanwhile, put basil, olive oil, pine nuts, Parmesan, garlic and salt in food processor; process until finely chopped. With the processor running, gradually add stock through the feed tube; process until smooth.

3. In saucepan of boiling water or microwave, blanch snow peas for 1 or 2 minutes, or until tender-crisp; refresh in cold water and drain. Place in large

Ingredients

- 2 lb scrubbed whole red potatoes with skins on

Pesto

- 1 1/4 cups fresh basil leaves
- 3 tbsp olive oil
- 2 tbsp toasted pine nuts
- 2 tbsp grated Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup chicken stock

- 1 cup halved snow peas
- 3/4 cup chopped red onions
- 3/4 cup each chopped red and green peppers
- 1/2 cup corn kernels
- 2 green onions, chopped
- 2 tbsp toasted pine nuts
- 2 tbsp lemon juice

serving bowl, along with pesto, red onions, red and green peppers, corn, green onions, pine nuts and lemon juice. When potatoes are cool enough to handle, cut into wedges and add to serving bowl; toss well to combine. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Health Solutions

Up in the spring ramp



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

I recently asked a friend if she liked ramps. Her response was, "What the @\$#! are they?"

Only the best thing to happen to spring in a long time. Ramps are wild leeks or wild garlic, depending on who you talk to. They grow across the country in sandy, moist hilly places, often near water. But it is illegal to forage for them in Quebec, where they are protected. Leave the foraging to the hunters and head to a farmers market this month.

Culinarily, both the leaves and bulb are edible and they taste like a cross between onions and garlic. Given their short growing season, you want to add them to just about every pasta, pizza, soup and sandwich spring brings.

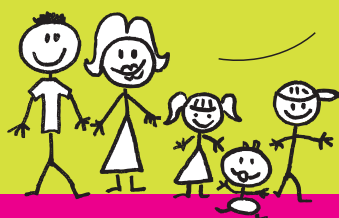
Susan Quast at Quast's Garden Gate in Flesherton, Ont., is part of the Grey County Chefs' Forum. She says, "Sauté them in a little butter and then add them to a favourite recipe. You can add them to your salads, chopped with raw potent flavour. The leaves, which are less potent than the bulb, can be used as a wrapper for crab meat appetizers." **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.**



FRESH CO.

"the food we buy at FreshCo is so fresh and such a good price"

Alicia Tait, Mississauga



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Veggies balance ooey, gooey cheese texture

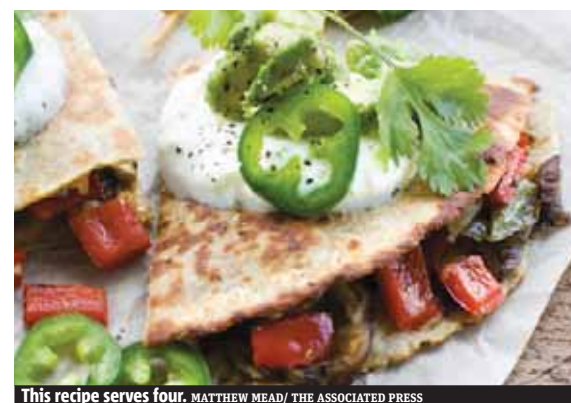
1. Heat the oven to 350 F.

2. In bowl, toss diced avocado with lime juice and a bit of salt and pepper. Set aside.

3. In skillet over medium-high, heat 2 teaspoons of oil. Add onion, bell pepper and pinch of salt, then sauté until golden at edges, about 5 minutes. Add garlic and cook, stirring, 30 seconds. Transfer mix to bowl.

Ingredients

- 1 firm ripe avocado, diced
- 1 tbsp lime juice
- Kosher salt and black pepper
- 4 tsp vegetable oil, divided
- 1/2 cup chopped onion
- 1/2 cup chopped red or green bell pepper (or a mix)
- 1 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1/2 fresh jalapeno, finely chopped
- 2 oz coarsely grated sharp cheddar cheese
- Four 8-inch flour tortillas, preferably whole wheat
- Nonfat plain Greek yogurt
- 1/4 cup chopped cilantro



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Add remaining 2 teaspoons of oil to skillet with mushrooms and pinch of salt. Reduce heat to medium and sauté until liquid mushrooms give off has evaporated, about 7 minutes. Transfer mushrooms to bowl with onions and peppers. Add to jalapeno, cheese and bit of salt and pepper. Mix well.

5. Wipe out skillet with paper towel. Coat with cooking spray.

6. Set 2 tortillas flat on counter. Divide onion-pepper mix be-

tween them. Press second tortilla firmly over each.

7. Heat skillet over medium. Add one quesadilla and toast about 2 minutes per side. Transfer to baking sheet. Repeat with second quesadilla, placing on baking sheet when toasted. Bake 5 minutes. Cut each quesadilla into quarters, then divide between 4 plates. Top each with avocado, yogurt and cilantro. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS**



This couple's first date might be their last. Don't let that happen to you. ISTOCK IMAGES

Tips to turn the first date into many more

Dating coach. Advice from Amber Madison, a Manhattan-based relationship expert and the author of *Are All Guys A-holes?*

Don't talk only (or mostly) about yourself

So you've travelled to every continent, do something really important/prestigious and have a bunch of funny stories exhibiting how you can kill the one-liners. The problem is, no one likes to be talked at — even if it's really impressive. There can be a rush to get out all of the positive things about yourself on the first date to try to keep the other person interested. But if you're so concerned about how you're coming across, you're not actually connecting with the other person ... which, you know, is sort of what the date is about.

Don't be difficult to pin down

If your next free night is three weeks from this Tuesday, maybe this isn't the best time in your life to be starting to date someone.

Don't go out to dinner

First of all, if you're a guy this can start to add up fast. But more than that, dinner is a high-pressure situation where you're forced to keep up the conversation because there are no other distractions. This doesn't exactly lend itself to you putting your best foot forward. Instead of dinner (or even drinks) plan an activity date.

Ask job interview questions

The things we talk about on a first date tend to do with where we grew up, went to school, or what we do for a living ... all things that are painful to talk about repeatedly and don't actually get to the crux of who a person is. If you want your first date

to be fun and stand out, ask things more along the lines of: what is the creepiest thing you've ever done? What's the closest you've been to getting arrested? Have discussions about getting along with siblings/parents, what you think makes a good movie, whether brunch is awesome or an overpriced breakfast. Really have a conversation together, don't just take turns reciting your resumé.

Don't start planning your wedding

So the date went well? Awesome. But don't let your fantasies get the best of you and convince yourself that this is The One. The truth is, after one date — even a great one — you just don't know someone that well yet. So stay open minded to both the good qualities and the bad instead of painting a full picture of the person you just met based on your very limited information.

METRO

Unhappy campers recall tears, hives and bad food

Sleepaway. Most kids wait all year for summer camp — some just wait for it to end

When the school year ends a few weeks from now, millions of kids will head off to sleepaway camp for a summer filled with colour wars, kayaking and bunk life. Most will have a great time, some will make friends for life, and many will look back on the experience fondly.

But amid these happy campers is another group of veterans who recall sleepaway camp quite differently. These were the kids who cried everyday and sent letters home begging to be picked up. They were lonesome, miserable, bullied; hated the bugs, hated the pool. Many refused to ever go back, and decades later, they can recall their suffering in visceral detail — from poison ivy to wretched food.

"Oh did I hate overnight camp," recalled Lauren Russ, 43, who lives in Chicago. "I



She's not having fun. Maybe it's the food? ISTOCK IMAGES

cried everyday and wrote two letters home a day asking my parents to come get me."

Russ' mom and dad saved those notes and even read some of them aloud at her wedding shower 10 years ago. "I got another letter from you," reads one of the heart-wrenching lines in Russ' schoolgirl's script. "Every time I get a letter I cry and become very homesick."

What was so bad about camp? Let Russ count the ways: "I'll never forget the first night I had to sleep in a tent. I hated the public showers, I hated sharing a room with several other girls, I hated the anxiety of

packing and saying goodbye."

For Kelsey Tomascheski, 48, of Santa Clara, Calif., camp memories centre on bad food. "I will admit that I was a picky eater, but the problem was more on quality," said Tomascheski. "I could only handle so many bland spaghetti feeds, too-salty chicken strips, and soggy fries. Usually halfway through the week I gave up and only ate PB&J at all three meals."

Some unhappy campers hated bunk life. "It was dirty," recalled Gerry Cotten, 25, a website developer in Toronto. "I was always into computers, and some sort of computer camp probably would have been fun, but sleeping in an ancient, old wooden cabin, with disgusting washrooms a five-minute walk away, wasn't really appealing."

The great outdoors didn't hold much charm either: "Taking a dip in the lake each morning instead of having a shower wasn't really for me. They called it the Polar Dip." THE ASSOCIATED PRESS

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metro

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New rules for authorized credit card users



Setting up a student as an authorized user can offer peace of mind for parents. ISTOCK IMAGES

Alison on money. Putting a cap on monthly spending helpful for parents of students



YOUR MONEY
Alison Griffiths
money@metronews.ca

I pay scant attention to announcements from my credit card company. Mostly they're telling me about higher fees, restrictions in benefits or otherwise trying to sell me something.

But recently CIBC announced a change to authorized user rules for its credit cards. This got my attention.

A primary user can now set a monthly spending maximum for each authorized user. This could benefit parents with students studying, working or interning away from home.

For example, parents paying all expenses for

graduates on an unpaid internship might set a high limit. A college or university student living at home might have a lower limit with the agreed use restricted to something like gas for their car.

Setting up a student as an authorized user can offer peace of mind for parents in case of emergencies, but you don't want to put too much credit temptation in front of them.

I have one caution. For emergencies, such as a plane ticket home, the limit must be relatively high. If it is used, the limit is automatically reset the next month, giving the student access to a new amount of credit.

However, the primary user can raise or lower the authorized user's limit during a given month.

It is important to have a clear agreement for authorized users. For students, insist on a monthly spending report. This will help young people take responsibility for their spending and is the first step to making a

In numbers

73.9

There are 73.9 million Visa and MasterCard cards alone in circulation in Canada.

budget.

But parents must still keep watch online and don't let any transgressions slide.

Another possible reason to have an authorized user is when a family member has gone through a bankruptcy and doesn't yet qualify for a credit card. I have done so in the past but would have felt a lot better being able to place a limit on total spending.

Employers might also find it handy to name employees as authorized users and set a limit for business spending.

But in the end, it's still up to the primary user to keep track of spending.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Five life insurance myths debunked

Misconceptions. Trying to understand all the different options and benefits can sometimes mean sifting through all the associated myths

the appropriate choice for you and your family, RBC Insurance debunks the top five most common misconceptions:

My insurance needs are covered through my work coverage

Group life insurance plans typically only provide limited coverage and the insurance often ends when you change jobs. It's important to understand your coverage and fill

in any gaps.

My investment can be put to better use elsewhere

Many life insurance policies provide protection for your loved ones along with a tax-sheltered investment option that can grow your money.

You only need life insurance if you work full-time or earn a high income

Regardless of your income or employment status, if

you have dependents, for example, you'll need to cover childcare and housekeeping costs in a parent's absence.

Life insurance is too expensive

Life insurance can be cost-effective. A 10-year term

policy, with a death benefit of \$250,000, for a healthy 45-year-old Canadian male non-smoker would cost about \$28 per month. A similar policy, with a death benefit of \$200,000 for a healthy 35-year-old female non-smoker would cost \$15 per month.

I don't need it because I have no dependents

Life insurance can help protect your partner from struggling with a single income and ensure your debts are paid, which is important whether you do or don't have children. **NEWS CANADA**

Life insurance is not a simple product.

To help set the record straight and help you make



When it comes to life insurance, make the appropriate choice for you and your family. ISTOCK IMAGES

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NHL

Alfredsson named a finalist for leadership award

Daniel Alfredsson of the Ottawa Senators, Dustin Brown of the Los Angeles Kings and Jonathan Toews of the Chicago Blackhawks are the three finalists for the Mark Messier NHL Leadership Award.

The award is presented to the player "who exemplifies great leadership qualities to his team, on and off the ice during the regular season."

Alfredsson, the NHL's longest-serving active captain, leads the Senators in games played, goals, assists and points.

THE CANADIAN PRESS

NBA

Raptors drop Colangelo as GM, reports say

It appears Bryan Colangelo is out as president and general manager of the Toronto Raptors, but he could be staying with the team in another capacity.

According to multiple media reports, the Raptors are negotiating with Colangelo to take on a corporate, non-basketball role with the team.

The reports did not specify what Colangelo's new duties with the team would be.

The Raptors are reportedly targeting Denver GM Masai Ujiri to take over the reins in Toronto.

THE CANADIAN PRESS

NFL

Te'o being kept away from media

The San Diego Chargers are keeping Manti Te'o off-limits to the media — for now.

The star linebacker was barred from speaking with reporters at the Chargers' second open session of organized team activities.

That doesn't mean Te'o isn't out and about.

Maxim confirmed Monday that Te'o attended a party last week in Hollywood after the magazine included his fake girlfriend on its list of the world's hottest women.

THE ASSOCIATED PRESS



Craig Anderson makes a save while Daniel Alfredsson ties up the Penguins' Brandon Sutter during Game 3 at Scotiabank Place on Sunday.

PATRICK DOYLE/THE CANADIAN PRESS

Dandy Andy back to stymie Pens

NHL playoffs.

Anderson plays pivotal role in Senators' win after getting early hook in Game 2

Quoted

"I'm not really sure how they go about their business and I don't pretend to."

Paul MacLean, who says he doesn't spend time with goalies talking "about how they play their position."

Back from injury

Spezza works OT in return

Craig Anderson has returned to form just in time to give the Ottawa Senators a chance against the top seed in the Eastern Conference.

Anderson was a pivotal part of Ottawa's 2-1 double-overtime win over Pittsburgh on Sunday that cut the Penguins' lead to 2-1 in the best-of-seven second-round playoff series.

He made 49 saves in Game 3, and his stunning performance was timely. It came after he was pulled less than two minutes into the second period of Game 2 after allowing three goals on 21 shots.

"You have to put things behind you as quick as possible and regardless of wins or losses you have to look forward to the next day and try and improve on your last performance," Anderson said Monday as both teams had a day off from skating.

ing.

"I just kept things simple and focused on things I could control, which was stopping the puck. It was exciting. We found a way to win. We did a lot of good things and we got rewarded."

Anderson shut the door on a Sidney Crosby breakaway and made an acrobatic stop on Evgeni Malkin, who used every move in his repertoire to get around the Ottawa defence and get a shot off in the first overtime.

The only thing keeping the play from being a goal-of-the-year candidate was the fact the Anderson refused to allow the puck to cross the goal-line.

"That was a pretty impressive performance coming off the first time he gets pulled all year, and one of the more clutch performances from a goaltend-

er because of the stakes and the landscape of the series and how it would have changed had we gone down 3-0 in the series," said Senators forward Jason Spezza, who made his playoff debut Sunday following back surgery that limited him to just five games at the start of the regular season.

"Andy looked like the way Andy has looked all year, and that's confident and calm. He's a guy that has a good edge to him and I think that suits our team well. He's real competitive, he's demanding of our team in front of him and I think we have a good dynamic."

The Senators put the game away when Colin Greening scored in the eighth minute of double overtime. Game 4 is Wednesday before the series shifts back to Pittsburgh for Game 5 Friday. THE CANADIAN PRESS

Senators centre Jason Spezza, who was sorely missed while out with a back injury, put in some overtime in his first game since Jan. 27, also against the Penguins.

"It was fun. It's been a long road for me and the longest season, personally, having to watch the games," he said. "It was pretty satisfying just to be in the lineup and to get a win in dramatic fashion makes it all worthwhile."

"I feel good. I feel like I played my first double-overtime game in four months, but my back feels no worse for wear and in fact I'm encouraged that I can go through a game like that and feel good the next day." THE CANADIAN PRESS

4 SPORTS

Dickey helps Jays deliver a Victoria Day victory



Blue Jays first baseman Edwin Encarnacion hits a seventh-inning, three-run double on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

MLB. Knuckleballer throws eight innings and Jays offence cashes in on Lueke's walks to top AL East-rival Rays

R.A. Dickey and the Jays found the win column, notching a valuable victory against an American League East opponent, but remain very much a work in progress.

Toronto needed Tampa Bay to help its cause Monday, with Rays reliever Josh Lueke walking four — one intentionally — in an ugly seventh inning that propelled the Jays to a 7-5 win in a sun-splashed Victoria Day matinee.

Dickey (4-5) scattered four hits over a season-high eight innings, striking out five and walking four. The 38-year-old, who has suffered neck and back issues, says he has a ways to go yet — both with his health and

knuckleball.

"It's still pretty inconsistent. I'm still walking more guys than I hope to, which is causing my pitch counts to be higher," said Dickey, who had ice on his right knee after the game. "That should have been a game where my pitch count should have been around 100 pitches after eight (innings) and I went 120-something."

"But you've just got to keep grinding it out. I've felt like I've been stuck in a quagmire for the last week, two weeks. So it's nice to feel like you've got at least one foot out of it."

Edwin Encarnacion provided the key offence, with a three-run double in the seventh.

Lueke (0-1) has only himself to blame after walking Emilio Bonifacio, Munenori Kawasaki and Jose Bautista with the game knotted at 3-3. Encarnacion, who has reached base safely in 22 of his last 25 games, then slammed a swerving ball into left field to clear the bases.

THE CANADIAN PRESS

NBA playoffs

West expected back for Heat-Pacers Game 1

Pacers forward David West is expected to play Game 1 of the Eastern Conference finals at Miami, despite an injured right leg.

Team doctors held West out of Monday's practice with what coach Frank Vogel described as a calf strain or lower-leg strain. He did shoot around with his teammates after practice ended. Vogel said doctors thought it would be best to give West a day off.

Indiana is making its first conference finals appearance since 2004.

THE ASSOCIATED PRESS



Pacers power forward David West GETTY IMAGES

Bobcats bounced

Buzz around NBA is Charlotte will be Hornets again

A person familiar with the situation says Charlotte Bobcats owner Michael Jordan is changing his team's name to the Hornets.

The person says Jordan will detail the timetable for the change to be completed at a press conference the Bobcats have scheduled for Tuesday. The person spoke to The Associated Press Monday on condition of anonymity because the name change has not been publicly announced.

Charlotte could once again become the Hornets by the 2014-15 season.

The Hornets resided in Charlotte from 1988-2002 before then-owner George Shinn moved the franchise to New Orleans. The New Orleans Hornets recently changed their name to the Pelicans.

THE ASSOCIATED PRESS

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NHL PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. OTTAWA (7)

(Pittsburgh leads 2-1)

Sunday's result

Ottawa 2 Pittsburgh 1 (20T)

Wednesday's game

Pittsburgh at Ottawa, 7:30 p.m.

BOSTON (4) VS. N.Y. RANGERS (6)

(Boston leads 2-0)

Sunday's result

Boston 5 NY Rangers 2

Tuesday's game

Boston at NY Rangers, 7:30 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. DETROIT (7)

(Series tied 1-1)

Monday's result

Chicago at Detroit

Thursday's game

Chicago at Detroit, 8 p.m.

LOS ANGELES (5) VS. SAN JOSE (6)

(Los Angeles leads 2-1)

Tuesday's game

Los Angeles at San Jose, 10 p.m.

Thursday's game

San Jose at Los Angeles, 10:30 p.m.

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS INDIANA (3)

Wednesday's game

Indiana at Miami, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) VS MEMPHIS (5)

(San Antonio leads 1-0)

Sunday's result

San Antonio 105 Memphis 83

Tuesday's game

Memphis at San Antonio, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	27	16	.628	—
Boston	27	17	.614	1/2
Baltimore	23	20	.535	4
Tampa Bay	23	21	.523	4 1/2
Toronto	18	26	.409	9 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	26	17	.605	—
Detroit	23	19	.548	2 1/2
Kansas City	20	20	.500	4 1/2
Chicago	19	23	.452	6 1/2
Minnesota	18	22	.450	6 1/2

WEST DIVISION

	W	L	Pct	GB
Texas	29	15	.659	—
Oakland	23	22	.511	6 1/2
Seattle	20	25	.444	9 1/2
Los Angeles	17	27	.386	12
Houston	12	32	.273	17

Monday's results

Toronto 7 Tampa Bay 5
Cleveland 10 Seattle 8 (10 inn.)

N.Y. Yankees at Baltimore
Oakland at Texas

Boston at Chicago White Sox
Kansas City at Houston

Sunday's results

Toronto at N.Y. Yankees, ppd.
Texas 11 Detroit 8

L.A. Angels 6 Chicago White Sox 2
Oakland 4 Kansas City 3

Tampa Bay 3 Baltimore 1

Cleveland 6 Seattle 0

Boston 5 Minnesota 1

Tuesday's games — All times Eastern

Detroit (Scherzer 5-0) at Cleveland

(Kluber 3-2), 7:05 p.m.

N.Y. Yankees (Hughes 2-3) at Baltimore

(Gonzalez 2-2), 7:05 p.m.

Tampa Bay (Cobb 4-2) at Toronto (Ortiz

1-1), 7:07 p.m.

Oakland (Straily 1-2) at Texas (Darvish

7-1), 8:05 p.m.

Boston (Doubont 3-1) at Chicago White

Sox (Quintana 2-1), 8:10 p.m.

Kansas City (Davis 3-3) at Houston (Nor-

ris 4-4), 8:10 p.m.

Seattle (Harang 1-4) at L.A. Angels (Wil-

liams 2-1), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	25	18	.581	—
Washington	23	21	.523	2 1/2
Philadelphia	21	23	.477	4 1/2
New York	17	24	.415	7
Miami	12	32	.273	13 1/2

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	28	15	.651	—
Cincinnati	26	18	.591	2 1/2
Pittsburgh	26	18	.591	2 1/2
Chicago	18	25	.419	10
Milwaukee	17	25	.405	10 1/2

WEST DIVISION

	W	L	Pct	GB
Arizona	25	19	.568	—
Colorado	24	20	.545	1
San Francisco	24	20	.545	1
San Diego	20	23	.465	4 1/2
Los Angeles	17	25	.405	7

Monday's results

Minnesota at Atlanta
Cincinnati at N.Y. Mets

Philadelphia at Miami
L.A. Dodgers at Milwaukee

Arizona at Colorado
St. Louis at San Diego

Washington at San Francisco

Sunday's results

Atlanta 5 L.A. Dodgers 2

San Diego 13 Washington 4

St. Louis 4 Milwaukee 2

Miami 2 Arizona 1

Philadelphia 3 Cincinnati 2

Colorado 5 San Francisco 0

N.Y. Mets 4 Chicago Cubs 3

Pittsburgh 1 Houston 0

Tuesday's games — All times Eastern

Chicago Cubs (Samardzija 2-5) at Pitts-

burgh (Rodriguez 4-2), 7:05 p.m.

Minnesota (Pelfrey 3-4) at Atlanta (Hud-

son 4-3), 7:10 p.m.

Cincinnati (Leake 3-2) at N.Y. Mets (Niese

3-4), 7:10 p.m.

Philadelphia (Cloyd 0-0) at Miami (Fernan-

dez 2-2), 7:10 p.m.

L.A. Dodgers (Greinke 2-0) at Milwaukee

(Burgos 1-2), 8:10 p.m.

Arizona (Kennedy 2-3) at Colorado (Chacin

3-3), 8:40 p.m.

St. Louis (Wainwright 5-3) at San Diego

(Volquez 3-4), 10:10 p.m.

Washington (Strasburg 2-5) at San

Francisco (Cain 3-2), 10:15 p.m.

Horoscopes

♈ Aries

March 21 - April 20

If you believe in what you are doing with all your heart, nothing can stop you. The Sun is now moving through the communications area of your chart. It should make it easy to get others to do your bidding.

♉ Taurus

April 21 - May 21

If you have a secret of some sort, you must keep it to yourself today. The moment you let one person in on the details, everyone will know. Some people are such gossips.

♊ Gemini

May 22 - June 21

Although the Sun is now moving through your birth sign, it seems you are still worrying about mistakes you made in the past. Why? Yesterday is over and done.

♋ Cancer

June 22 - July 23

You must expect to be more emotional about certain things over the next few weeks while the Sun creeps through the most sensitive area of your chart. Control those emotions but don't deny them.

♌ Leo

July 24 - Aug. 23

Try to stand back from what you are doing and see the bigger picture. You have come a long way in a short space of time and it's likely that you have veered a little off course.

♍ Virgo

Aug. 24 - Sept. 23

You can sense that huge responsibilities are coming your way and no doubt that makes you want to hide under the duvet until they pass. That won't help in the slightest. Get out there and get busy.

♎ Libra

Sept. 24 - Oct. 23

You don't need to bludgeon your way to success. Libra is one of the more subtle signs of the zodiac, so find ways to get what you want without making a big noise about it — and certainly without making more enemies.

♏ Scorpio

Oct. 24 - Nov. 22

Different people will tell you different things today and if you are smart, you will ignore every last word of it. Your sixth sense is all you need to work out what is really going on.

♐ Sagittarius

Nov. 23 - Dec. 21

If you have something to say then get to the point quickly because those you deal with today won't be in the mood to listen to long explanations. Save the speeches for when you got their attention.

♑ Capricorn

Dec. 22 - Jan. 20

You've been so busy in recent weeks that you may not realize how much energy you have expended and how tired you are. The Sun's move through the wellbeing area of your chart urges you to slow down.

♒ Aquarius

Jan. 21 - Feb. 19

The only reason a colleague is being so critical is because they resent your success. There is nothing they can say to take away what you have earned so there is no need to fear them.

♓ Pisces

Feb. 20 - March 20

Matters close to home will take up a lot of your time over the next few days, so you will need to arrange your timetable with care so you have time to fit everything in. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Comes with it, for short
- Mr. Davis, Toronto-born broadcaster who hosted #57-Across
- Pre-hatched chick homes
- Ancient Greek city-state
- Four-stringed instrs.
- Prefix to 'script' (Written record from court)
- Subway station's ticket area/entrance
- Winnipeg-ger who hosted #46-Across: 2 wds.
- Journeys
- Let up
- Tee/ball/club org.
- Gr.
- PEI's provincial capital
- Folk classic: "If _ _ _ Hammer"
- Early-'80s hit: " _ _ _ (So Far Away)"
- Thailand neighbour
- Nada
- Doesn't implement properly
- "The Voice" network
- Thomas Edison's middle name
- Shipped off
- Calculator ...when using the + sign
- Classic game show since 1963: 4 wds.

- Place
- Canuck, for short
- A birthstone for Libra
- Pillar with a pyramid-shaped top
- Classic Canadian quiz show, " _ _ _ Challenge"
- Don't dine out: 2 wds.
- Tenant's payment
- Ringlet

- Coin insertion places
- Aquatic organism
- Keel part
- Disgorge

Down

- Online ID addresses
- Without a flat-screen, e.g.: 2 wds.
- Greek Myth: Muse of

- history
- Frog's furniture: 2 wds.
- Seethe
- Some old theatres
- Poetic nightfall
- Summer hrs. in Ottawa
- Gasoline additive
- Pate de foie _ _
- Strong wind
- Lorne Michaels' li'l

- show
- Canadian distiller, Joseph E. _ _ (b.1841 - d.1919)
- Today, tomorrow ...tiny-ly
- 4 qts.
- _ _ _ of honey
- 'Kero' add-on (Camping lamp)
- Relax
- Bisect
- Bird: French
- Grand _ _ Railway
- "A Fish Called _ _" (1988)
- _ _ _ Peace Prize
- 'Tsar' suffix (Russian empress)
- Computer monitor [abbr.]
- 2002 Jennifer Lopez album: 'This _ _ _ _ _ Then'
- Equipment for equestrians
- _ _ , Georgia
- Turndowns
- Clay-ish stuff
- Type of tennis serve
- Mr. Hershisier
- Vintage video game
- Fiend
- Brussels is its cap.
- Street sign
- Tailed toy
- Renaissance painter, _ _ _ _ _
- Angelic
- Li'l Dell products
- Sea diver
- Australian state [acronym]

Friday's Crossword

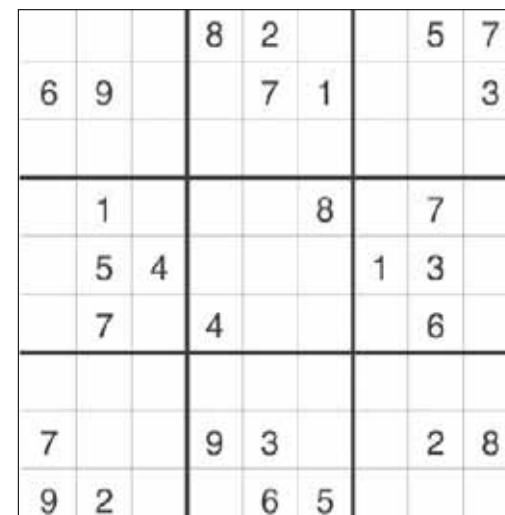


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

18°/13°
Showers
70%

Wednesday

21°/11°
Thundershowers
70%

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